**Exercise 2: The Parts of The One Command – These are questions that help to clarify your understanding of the parts of The One Command, the 6-Steps, the Support Statement, and why the One Command is so unique.**

Why is The One Command so unique and why is that important to making actual changes in your life?

What are the three parts of The One Command and why is each part so important?

What are the 6-Steps and why is each one important to the process of The One Command?

What are the most important aspects of creating One Commands?

What are Support Statements and why are they important?

*Our goal is to see One Command Circles in every town, city and country of the world. Imagine the lives of those you impact by being a part of this process – you are a part of something unique and powerful.* ~ Dr. Katie

You will find that as you go through this training and use The One Command in your own life, the 3 parts of The One Command, formulating Commands, and using the process of the 6-Steps will soon become second nature. As you run your Circles you will find that the very practice of demonstrating the process and supporting your participants, will confirm this information in your memory.

*I don’t know how it is easy for me to have all the information I need for my Circles at my Command, I only know that it is so now and I am fulfilled.*

*I don’t know how I enjoy and embrace offering this One Command information and process in my Circles, I only know that it is so now and I am fulfilled.*